



## POST TREATMENT INSTRUCTIONS FOR LASER TATTOO REMOVAL

### DAY OF TREATMENT (DAY 1)

**ICE:** IT IS VITAL TO APPLY AN ICE COMPRESS TO SITE ON AND OFF FOR THE FIRST HOUR. ALTERNATE THE COMPRESS ON AND OFF EVERY 1 TO 3 MINUTES AS NEEDED. DO NOT LEAVE ICE ON THE TREATED AREA FOR MORE THAN 5 MINUTES. A NATURAL ALOE VERA GEL OR OTHER TOPICAL MAY ALSO BE USED.

**REST:** LIMIT PHYSICAL ACTIVITY ON THIS DAY. AVOID EXERCISING AND ANY ACTIVITY THAT RESULTS IN PERSPIRING. AVOID HOT STEAMY SHOWERS AND HARSH SOAPS/CLEANSERS.

**ELEVATE:** THE TREATED AREA SHOULD BE ELEVATED ABOVE THE HEART WHEN POSSIBLE. THIS IS ESPECIALLY IMPORTANT FOR TATTOOS ON THE LOWER LEG, ANKLE AND FEET.

NOTES: PLEASE NOTE YOUR TREATMENT SITE MAY EXHIBIT DIFFERENT TISSUE REACTIONS AFTER EACH TREATMENT. THE FOLLOWING SIGNS AND SYMPTOMS ARE NORMAL AFTER LASER TREATMENT:

- THE TREATMENT SITE APPEARS UNCHANGED OR APPEARS BRIGHTER.
- THE AREA WILL APPEAR WHITE, PINK, OR RED.
- THE TREATMENT SITE HAS PINPOINT BLEEDING, BLISTERING OR RED, YELLOW, OR CLEAR DISCHARGE AND SWELLING.

### DAY AFTER TREATMENT (DAY 2)

**ICE:** CONTINUE TO APPLY ICE COMPRESS AS NOTED ABOVE ONLY AS NEEDED FOR BURNING.

**MOISTURISE:** APPLY VASELINE® OR BEPANTHAN® 3-4 TIMES A DAY FOR THE FIRST 3 DAYS AFTER TREATMENT TO PROMOTE

HEALING AND REDUCE ITCHING AND IRRITATION.

**REST AND ELEVATION:** CONTINUE TO REST AND ELEVATE (ESPECIALLY IMPORTANT FOR TATTOOS ON THE ANKLE OR FOOT). LIMIT PHYSICAL ACTIVITIES SUCH AS WORKING OUT, SPORTS ETC

### DAY 3 UNTIL HEALED

**MOISTURISE:** KEEP TREATMENT SITE WELL MOISTURISED WITH OUR AFTERCARE PRODUCT, VASELINE OR BEPANTHEN IS ALSO FINE.

**AVOID:** ANY OVER THE COUNTER ANTI-BACTERIAL OINTMENTS OR CREAMS AS THEY MAY CAUSE ALLERGY!

**ACTIVITIES:** YOU MAY RESUME ACTIVITIES UNLESS A BLISTER IS PRESENT. AVOID SWIMMING POOLS, OCEAN, AND HOT TUB AND TUB SOAKING PEDICURES FOR 5-7 DAYS UNTIL HEALED.

**BLISTERING:** BLISTERING IS NORMAL. DO NOT POP OR PICK BLISTERS. BLISTERS MAY TAKE 12 WEEKS TO RESOLVE. YOU MAY USE A NON-STICK BANDAGE TO PROTECT A BLISTER. IF A BLISTER BREAKS, APPLY AFTERCARE AND A NON-STICK BANDAGE. IF THE BLISTER IS PAINFUL, CONTACT PHYSICIAN, AS IT MAY NEED TO BE DRAINED.

**HEALING:** DO NOT PICK OR REMOVE SCABS OR CRUSTS THAT DEVELOP DURING THE HEALING PROCESS. THIS IS A LEADING CAUSE OF INFECTION AND CAN LEAD TO SCARRING. HEALING CAN TAKE ANYWHERE FROM 5 TO 25 DAYS (OR MORE). INFECTIONS ARE RARE, HOWEVER IF AFTERCARE IS NOT FOLLOWED THEY CAN OCCUR. THE SIGNS TO LOOK FOR IS FOUL ODOUR, FEVER, RED STREAKS FROM AREA, YELLOW-GREEN DRAINAGE, AND PAIN. CALL THE OFFICE IF YOU SUSPECT AN INFECTION.

**BEFORE YOUR NEXT TREATMENT:** APPLY SPF 50+ TO YOUR TATTOO WHEN IN DIRECT SUN LIGHT, AVOID SPRAY TANNING FOR 2 WEEKS BEFORE, AND SHAVE AREA DAY BEFORE NEXT TREATMENT.

**BOOK NEXT APPOINTMENT:** SHOULD BE BOOKED IN 8-12 WEEKS. IT TAKES THE BODY UP TO FOUR WEEKS TO BREAK DOWN THE INK SO RESULTS WILL NOT BE IMMEDIATE AND EVERY TREATMENT WILL REACT DIFFERENTLY.

WE STOCK AUSSIEINKED AFTER CARE PRODUCTS IN THE STUDIO SO BE SURE TO ASK YOUR TATTOOIST AFTER YOUR SESSION. THESE ARE SOLD AT THE FRONT COUNTER. CHECK OUT THE AFTERCARE TAB ABOVE FOR ALL DETAILS.